

Safe Sleep For Your Baby

Reducing the risk of SIDS



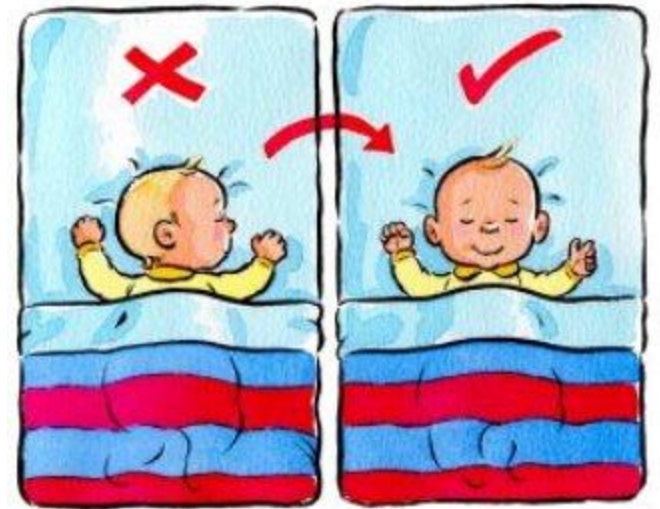
What is SIDS?



- SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age.
- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- The peak incidence of SIDS is 2-4 months.

SIDS Facts

- Babies sleep safer on their backs.
- Sleep surface matters.
- Every sleep time counts!



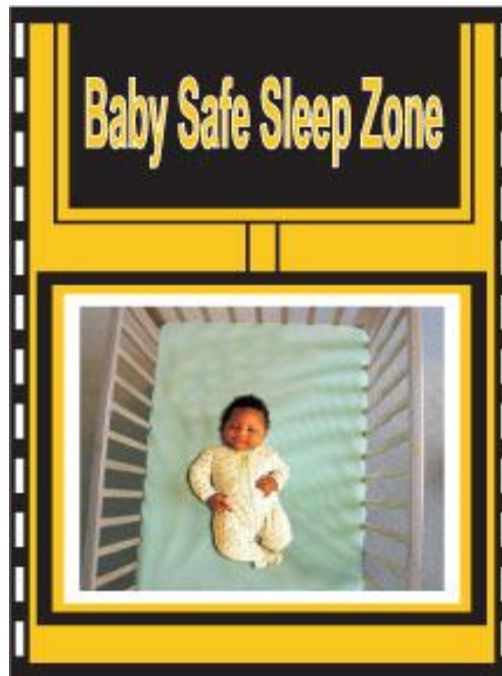
Talking points

- Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.
- Babies who sleep on soft bedding are more likely to die of SIDS.
- Babies who usually sleep on their backs but who are placed on their stomachs, like for a nap, are at very high risk for SIDS.

Top 10 ways to reduce SIDS!

NUMBER 1!

- **ALWAYS** place your baby on his or her back to sleep, for naps and at night!



Talking points

- The back sleep position is the safest, and EVERY sleep time counts!
- Stomach sleeping **DOUBLES** the risk of SIDS!
- Once your baby can roll over it is not necessary to go in and reposition him or her. Just remember to *start* any sleep time on the back.

2

- Place your baby on a firm sleep surface, such as a safety-approved mattress, covered by a fitted sheet.



Talking points

- Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- Soft bedding increases the risk of SIDS by **5X**.
- Infants who sleep on their stomachs on soft bedding increase their risk of dying from SIDS **19X!**

3

- Keep soft objects, toys, and loose bedding out of your baby's sleep area.



Unsafe

SAFE



Unsafe

Talking points

- Don't use pillows, blankets or quilts.
- Bumper pads should not be used and stuffed animals should not be in the crib.
- Decorate your baby's room and NOT your baby's crib!
- Nothing should be in the bed but your baby!

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- Do not allow smoking around your baby.

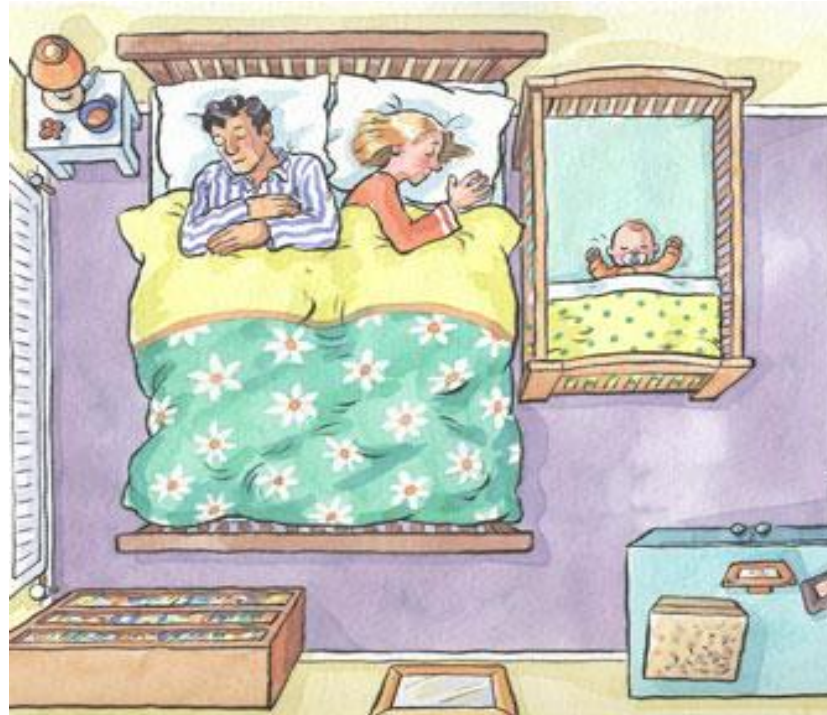


Talking points

- Do not smoke before or after the birth of your baby and do not allow others to smoke around your baby.
- If you must smoke you should do so away from your baby and change your clothes before handling your baby.
- Exposure to passive smoke in the house **doubles** a baby's SIDS risk.

5

- Keep your baby's sleep area close to, but separate from where you and others sleep.



Talking points

- Your baby should **NEVER** sleep in a bed or on a couch or chair with adults or other children, but he or she should sleep in the same room as you.
- If you bring your baby to bed with you to breastfeed, put him or her back in a separate sleep area such as a bassinet, crib or cradle when you are done.
- Bed sharing **greatly** increases the SIDS risk when the mother is obese, smokes, has recently consumed alcohol, drugs, medications that make you drowsy or is fatigued.

12 Room sharing is the safe alternative!

6

- Think about using a clean, dry pacifier when placing your infant down to sleep.



Talking points

- Do not force your baby to take the pacifier.
- If breastfeeding wait at least 1 month until breastfeeding is well established before using a pacifier.

7

- Do not let your baby overheat during sleep.



SAFE



SAFE



**NOT
SAFE**



**NOT
SAFE**

Talking points

- Dress your baby in light sleep clothing.
- If you must use a blanket make sure your baby's feet are placed at the end of the crib and the blanket is tucked securely around the mattress and away from the baby's head.
- You may also use a blanket to swaddle your baby.
- Consider using a "sleep sack" instead of a blanket. These will keep your baby warm and provide a safe alternative to blankets that can cause suffocation.
- Keep the room at a temperature that is comfortable for an adult (68-70 degrees).
- Studies show that an overheated baby is more likely to go into a deep sleep from which it is difficult to arouse.



8

- Avoid products that claim to reduce the risk of SIDS.



Talking points

- Most of these products have not been tested for effectiveness or safety.

9

- Do not use home monitors to reduce the risk of SIDS.



Talking points

- Home monitors do not reduce the risk of SIDS.
- Home monitors are useful for alerting you to your baby's needs. Example: crying.

10

- Reduce the chance that flat spots & bald spots will develop on your baby's head.



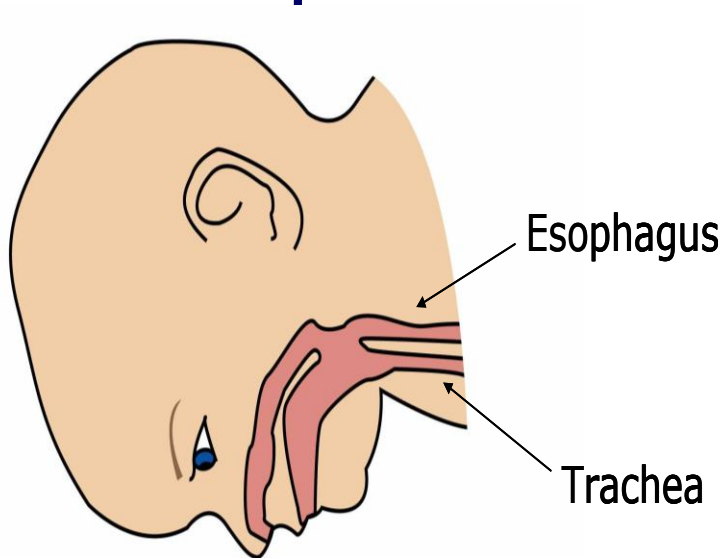
Your baby needs Tummy Time!
Place babies on their stomachs when they are awake and someone is watching. Tummy time helps your baby's head and neck muscles get stronger and helps to prevent flat spots on the head.

Talking points

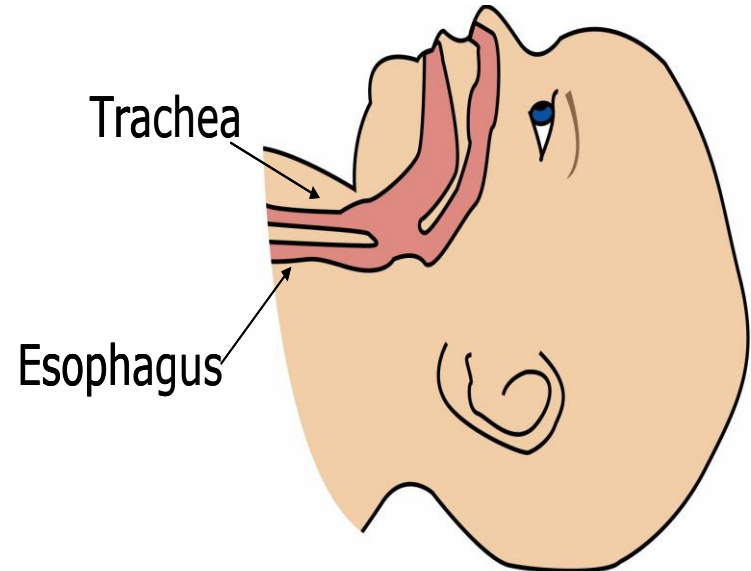
- Provide "tummy time" when your baby is awake and supervised.
- You can also change the directions that your baby lies in the crib from one week to the next.
- Avoid too much time in car seats, carriers and bouncers.
- Tummy to play and Back to sleep!!

Common questions...

Q. Won't my baby choke if he or she sleeps on his or her back?



When a baby is in the prone position, anything regurgitated or reflux will pool at the opening of the trachea. This makes it much easier for the baby to aspirate.



In the supine position, the trachea lies on top of the esophagus. Anything regurgitated or refluxed from the esophagus has to go against gravity to be aspirated into the trachea.

B

Answer

- No, and to demonstrate this take a look at the relation between the trachea and esophagus.
- Note that when a baby is lying on his/her stomach the trachea is in front of the esophagus. If the baby should spit up and breathes in the contents, the contents will go into the trachea because of its position in FRONT of the esophagus.
- When a baby is lying on his/her back, and spits up and breathes in the contents, the contents will go back into the esophagus by the force of gravity.

Q. Does Back Sleeping really work?

YES!!!

1992

Before

After

8,000 babies died.



4,000 babies died.

30,000 babies' lives have been saved!

Answer



- Before the 1992 AAP recommendation of back sleeping 8,000 babies died! After the AAP recommendation only 4,000 babies died!

SO

- 30,000 babies' lives have been saved because of back sleeping!
 - Always put your baby "back to sleep"!!!

Q. Do babies sleep comfortably on their backs?



Keep your baby
comfortable and
SAFE!!!
back sleeping is best!



Answer

- Babies can and do sleep comfortably on the back, especially when started early.
- Babies have a very different sleep cycle from adults. It is normal for babies to wake every 3-4 hours, and this is a "good sleeper".
- Researchers believe that sleeping too deeply puts a baby at increased risk of SIDS. This is one of the dangers of stomach sleeping and some babies may actually be sleeping themselves to death!
- If a baby is fussy, swaddling can help improve sleep patterns.
- NEVER put a fussy baby to sleep on the stomach, the infant's safety is most important.

Q. Won't my baby develop flat spots from sleeping on his/her back?



Answer

- Flat spots are positional and will disappear in the months after the baby learns to sit up.
- Tummy time is the most effective way to combat flat spots. Tummy time should be provided when the baby is awake and supervised.
- Changing the direction that your baby sleeps in the crib every week or so is another effective way to combat flat spots.

Q. My mother/grandmother/friends put their babies to sleep on their stomachs and they were fine so why the change?



Answer

- Every day new knowledge is gained and we often find out that knowledge from the past is not correct.
- Infants and children used to not ride in car seats. In today's world it is a finable offense to not use a car seat for your infant.
- The same is true for stomach sleeping. Extensive research has been done on SIDS and the AAP recommends exclusive back sleeping for infants until 1 year of age!!

Q. Is there anything else I can do to keep my baby safe?



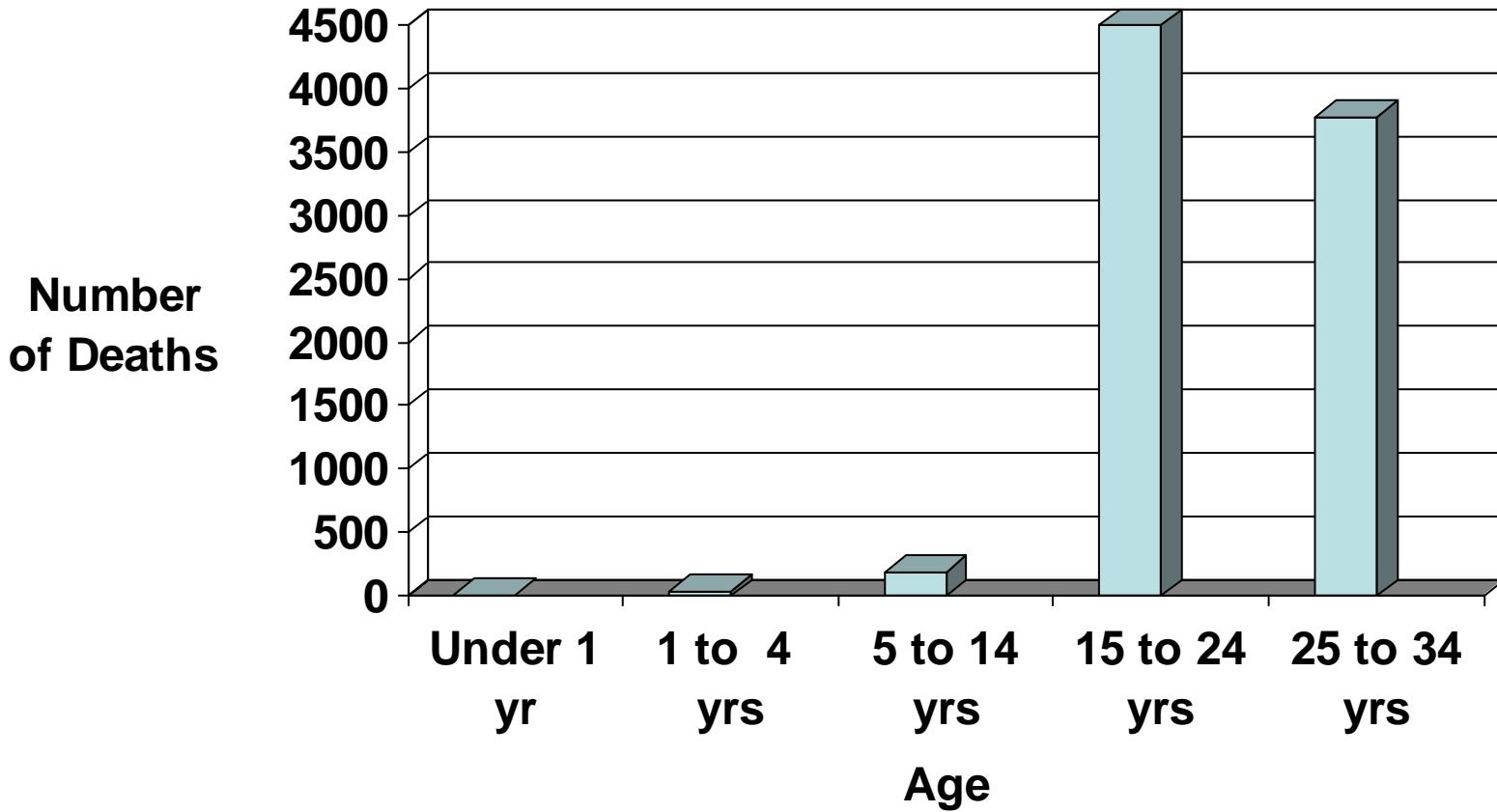
**Prevent
SIDS**



Answer

- About 1 in 5 infant SIDS deaths occur while the infant is in the care of someone else. Many times this occurs because the caregiver places the baby to sleep on his/her tummy. This is called "unaccustomed tummy sleeping" and these babies are **18 times** more likely to die from SIDS!
- **TALK** about the SIDS risk to child care providers, grandparents, babysitters, friends, and everyone who cares for your baby!!!

Q. How many babies die of gunshot wounds each year?



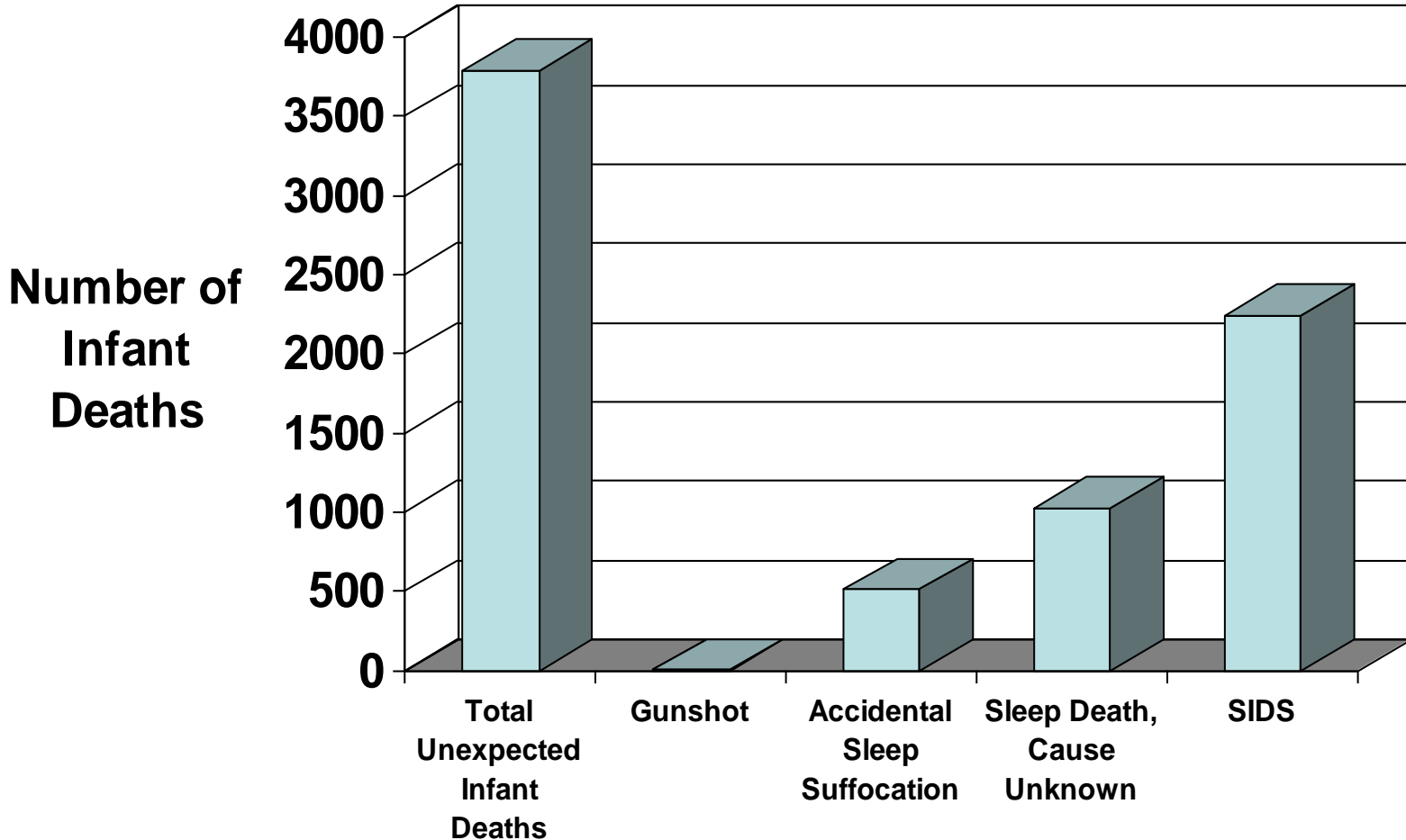
Answer: **ALMOST NONE!!**

Answer

- According to the U.S. National Vital Statistics report, in 2005 only 6 babies died of homicide by gun fire.
- The greatest risk is for teenagers and young adults.

Q: Why are our babies dying?

A: Sleep-related deaths!



Answer

- Most recent statistics show over 4500 babies die in the US unexpectedly each year.
 - Only 6 infant deaths were due to gunshot wounds.
 - The number of accidental suffocation deaths has quadrupled in the last 20 years
 - The most common causes of the accidental deaths are laying over the baby, soft bedding, and wedging between 2 objects
 - Black male infants have the highest rate of these accidental deaths.
-

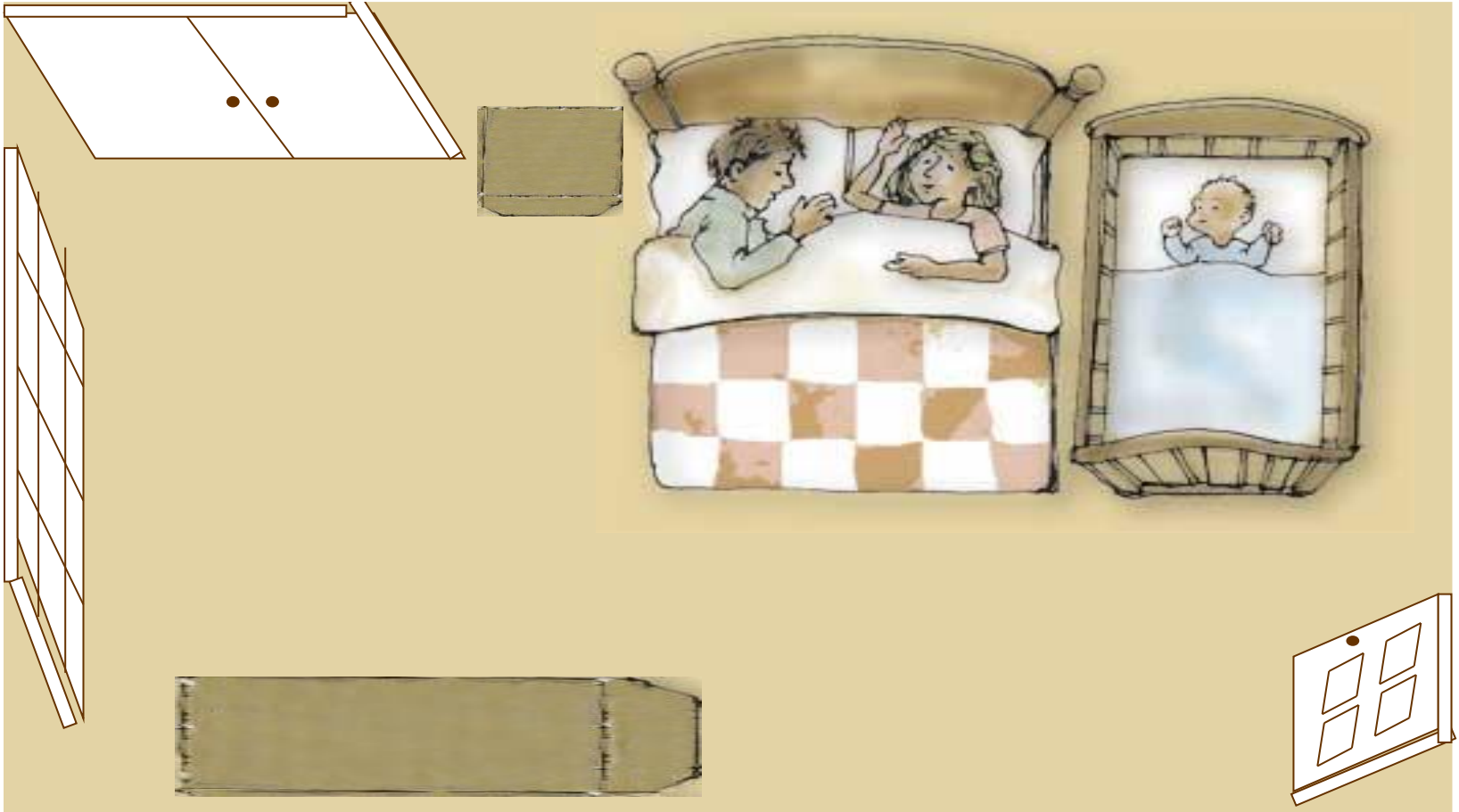
Q: How can I keep rats and bugs away from my baby?



Answer

- Netting is available that can cover either a Pac 'N' Play or a full crib

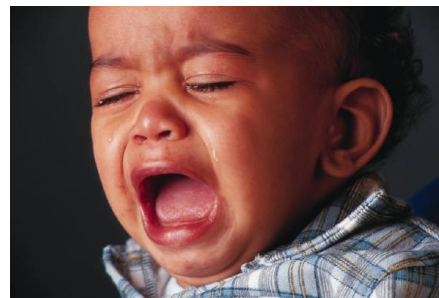
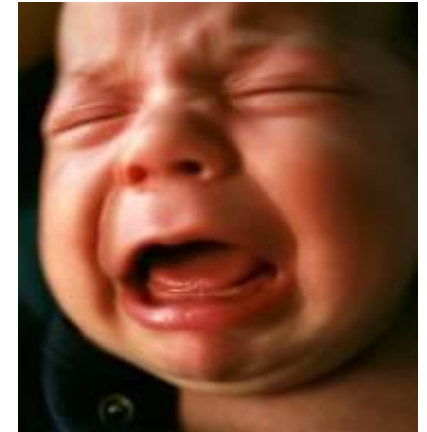
Q. How can I arrange the room for safety?



Answer

- Keep the crib away from windows
- Place the crib against an interior wall of the building
- Place your bed between the crib and the exterior wall or wall that is exposed to the outside of the building

Q: I know I shouldn't sleep with my baby, but he is fussy. What can I do about this?



Answer: Make use of the 5 S's

1. **Swaddling:** it provides warmth and security; it mimics the way the baby felt in the womb
2. **Side/stomach position:** while holding the baby, on the left side to help with digestion. Once asleep, place on back in crib.
3. **Shushing:** this mimics the noise in the womb, making babies feel calm and safe, may need to be done loudly
4. **Swinging:** either in the someone's arms on an infant swing- it is similar to the baby's side to side movement in the womb while the mother walks
5. **Sucking:** it is natural and babies enjoy non-feeding sucking. Babies cannot cry and suck at the same time!